

**Food Service and  
Monitoring Assessment  
Review Instrument**



**DRAFT as of 11/30/2015**

<b>School Lunch Program Goals</b>	<b>Current Practice</b>	<b>Status</b>
<i>Meals will be appealing and attractive to children</i>	<b>School Lunch program follows guidelines/regulations for varying food</b>	<b>Wellness committee will continue to review 5 times/year</b>
Be served in clean and pleasant settings	Always	Continuous
Meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations	This is the current practice	On going
Offer a variety of fruits and vegetables	As required over the course of the week, varied fruits and vegetables are provided	On going
Serve only low fat (1%) and fat free milk	We sell only 1% white and fat free chocolate and white	On going
Ensure that whole grains are available and served	All foods sold in schools must be 51% whole grain to meet requirements	Plainedge obtained a waiver for breads and pasta for this year
Schools will make efforts to eliminate any social stigma attached to and prevent the overt identification of students eligible for free and reduced price school meals	All students use their ID cards to make cafeteria purchases	On going
The school will provide students with at least (20) minutes to eat after sitting down for lunch	This is the current practice	On going
Schools will provide students access to hand washing or sanitizing before they eat meals or snack	Students have access to hand washing throughout the day	On going
The district should take reasonable steps to accommodate the tooth brushing regimens of students with special oral health needs	No current need	not applicable
A qualified nutrition professional will administer the school meal program	Food Service Director is a Registered Dietitian	Current
Continued professional development will be provided for all nutrition professionals (certification and/or training for the School Lunch Director, cafeteria workers according to their levels of responsibility)	In service training for all Food Service Staff required by Federal Regulations	On going
Schools should discourage students from sharing food or beverages	This is the current practice	On going
Fundraising will limit the use of food, or use healthy food, or promote fundraising that promotes physical activity	Current fundraising is neutral on the use of food.	District Wellness Committee will review practice if necessary

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Schools will limit the use of foods and beverages as rewards for academic performance and not withhold food or beverages as a punishment	Neither food nor beverages are withheld as a form of punishment	On going
All elementary school students will receive at least 20 minutes per day of supervised recess, preferably outdoors during which schools should encourage moderate to vigorous physical activity verbally and through provision of space and equipment.	Elementary students currently have 20 minutes of supervised recess (outdoors as often as weather permits)	On going
When activities make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.	This is the current practice	On going
Middle and high schools will offer extracurricular physical activity programs (intramurals, interscholastic sports)	This is the current practice	On going
Teachers and other school community personnel will not use physical activity or withhold opportunities for physical education experiences as punishment	This is the current practice	On going
<b><i>Schools should provide nutrition education and engage in nutrition promotion that:</i></b>		
Is offered at each grade level and is part of not only health education classes	Nutrition education is offered at many grade levels and courses, not only in health education classes.	On going
Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, farm visits, and school gardens	This is the current practice	On going
Promotes fruits, vegetable, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices	This is the current practice	On going
Emphasizes caloric balance between food intake and energy expenditure	This is the current practice	On going

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<b>School Lunch Program Goals</b>	<b>Current Practice</b>	<b>Status</b>
Links with school meal programs, other school foods and nutrition related community services, teaches media literacy with emphasis on food marketing	Our current program teaches media literacy in relation to food.	On going
Includes training for teachers and other staff	When necessary	as needed
<b><i>Integrating Physical Activity into the Classroom Setting:</i></b>		
Health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a healthy lifestyle	This is the current practice	On going
Opportunities for physical activity will be incorporated into other subject lessons, where appropriate	Physical activity is incorporated into lessons throughout the various grade levels.	On going
<b><i>Food Marketing in Schools:</i></b>		
School based marketing will be consistent with nutrition and health promotion	This is the current practice	On going